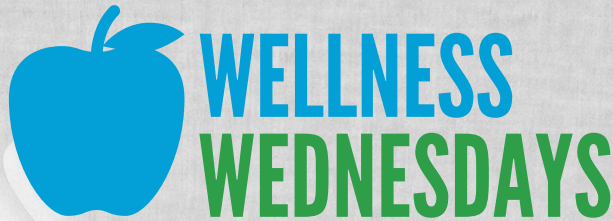


February 23rd, 2022



FRONT STREET FITNESS NEWSLETTER

It's Official, OhioHealth Management is now partnering with the City of Columbus to support health and wellness at Front Street Fitness Center. The new staff members are eager to meet everyone. Look for a monthly newsletter from the OhioHealth Management team for updates on the center's challenges, events, hours, and other activities!

Check out February's newsletter below!

<https://www.columbus.gov/hr/healthy-columbus/wellness-program/Front-Street-Fitness/>

VIRTUAL GUIDED MEDITATION - REGISTER FOR MARCH SESSIONS!

Did you know meditation can increase calmness, improve psychological balance, and enhance overall health and well-being? Why not try a 15-20 minute guided meditation with an experienced Yoga and Meditation instructor? Join Gwen Surratt every Wednesday at 1:30 PM as she guides you through a calming and peaceful meditation practice. Please register for each individual session at the link below.

Once you register, you'll receive a unique WebEx Events link via email prior to each session.

<https://www.surveymonkey.com/r/2YMP3YM>

AGE AND MUSCLE LOSS

As the years pass, muscle mass in the body generally shrinks, and strength and power decline. The process begins earlier than you might think. Sarcopenia—defined as age-related muscle loss—can begin at around age 35 and occurs at a rate of 1-2 percent a year for the typical person. After age 60, it can accelerate to 3 percent a year.

Click on the link below for more information.

<https://www.health.harvard.edu/exercise-and-fitness/age-and-muscle-loss>

OPEN ENROLLMENT

The 2022 Open Enrollment is available through February 28th. Open enrollment is your opportunity to make changes to your insurance coverage and update your beneficiary designation. To get started, log in to the Dayforce system, click on Benefits and the Open Enrollment for 2022 Event will be pending for your action. Please refer to the 2022 Open Enrollment Booklet mailed to your home for important information. Please see the following instructional video for step-by-step guidance on completing your 2022 Open Enrollment.

If you need assistance contact the Benefits and Wellness Office at 614-645-8624 or email us, our office hours are Monday through Friday from 8:00 am to 5:00 pm.
EmployeeBenefitAndWellness@columbus.gov

BENEFICIARY DESIGNATIONS ARE REQUIRED

If an employee enrolled in life insurance dies before designating a beneficiary, there may be a court process called probate that your loved ones may have to go through. The process of probate will settle your estate. Protect the security of your loved ones after your passing with a life insurance beneficiary designation. Adding your designated beneficiaries is simple, click on the link below to review the "Dayforce Beneficiary Designation" navigation instruction video.

https://www.youtube.com/watch?v=9ZdIGOynm_U

CHECK CHOOSE GO

When seeing your primary care physician is not possible, it is important to know your quick care options to find the place that's right for you and help avoid financial surprises. With medical and telemental health virtual visits, 24/7 Nurse Line, urgent care centers and more, comparing your care options for quality, cost and convenience could end up saving you a lot of time, money, and frustration.

Go to myuhc.com and click on Check.Choose.Go to learn more.

